

**BEST START IDAHO**  
**Breastfeeding Promotion and Support Materials**  
**\*UPDATED\* 04/2006**

*These materials are available from the Idaho WIC Program and are **free of charge** to Idaho physicians, hospitals, clinics, and other Idaho partners in promoting and supporting breastfeeding. To order, complete the enclosed order form and mail or fax to: **Idaho WIC Program, P.O. Box 83720, Boise, Idaho 83720-0036, Fax: (208) 332-7362. \*Orders will be accepted and processed quarterly.** Please submit orders by the following dates: **January 31, April 30, July 31, and October 31.** \*\*Please allow 6-8 weeks for delivery.*

Name: \_\_\_\_\_ Telephone: (208) \_\_\_\_\_

Organization/Group: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_, ID Zip: \_\_\_\_\_

Item	Number Requested	How Will Items be Used? (must be completed before item/s are shipped)
<b>GENERAL BREASTFEEDING PROMOTION AND SUPPORT</b>		
Gratitude Cards <i>Up to 10 of each per request</i>	_____ #1000G _____ #1000M	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Super Sized Breastfeeding Magnet <i>Up to 5 per request</i>	_____ #1002	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Kangaroo Crib Card <i>Up to 500 per request</i>	_____ #1003P _____ #1003B	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
<b>BREASTFEEDING-FRIENDLY MESSAGES FOR CLINIC, HOSPITAL, AND WORK ENVIRONMENTS</b>		
Pens and Note Pads <i>Pens: Up to 25 per request per year</i> <i>Note Pads: Up to 25 per request per year</i>	_____ #2000P _____ #2000N	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
“Loving Support” Posters Busy Moms Embarrassment Encouragement <i>Up to 5 total posters per organization</i>	___ #2001E ___ #S ___ #N ___ #2002E ___ #S ___ #N ___ #2003E ___ #S ___ #N	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
“Loving Support” Pamphlets Busy Moms Embarrassment Encouragement <i>Up to 100 of each per request.</i>	<b>Order in groups of 100</b> ___ #2004E ___ #S ___ #N ___ #2005E ___ #S ___ #N ___ #2006E ___ #S ___ #N	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
<b>BREASTFEEDING INFORMATION AND SUPPORT FOR FAMILIES</b>		
Breastfeeding Basics Series Getting Started The First Six Weeks Common Concerns Collecting and Storing Milk <i>Up to 300 of each per request</i>	<b>Order in groups of 100</b> ___ #3000E ___ #3000S ___ #3001E ___ #3001S ___ #3002E ___ #3002S ___ #3003E ___ #3003S	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Idaho’s Local Community Breastfeeding Resource & Referral Tear Sheets <i>50 sheets per pad</i>	(#3004) Dist-1 ___ (#3005) Dist-2 ___ (#3006) Dist-3 ___ (#3007) Dist-4 ___ (#3008) Dist-5 ___ (#3009) Dist-6 ___ (#3010) Dist-7 ___	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____

WORKING & BREASTFEEDING: INFORMATION FOR EMPLOYERS, EMPLOYEES & CHILDCARE PROVIDERS		
“Breastfed Babies Welcome Here!” <i>Up to 2 per request</i>	_____ #4000	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Breastfeeding: The Best Investment <i>Up to 100 per request</i>	_____ #4001	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Child Care and Breastfeeding What Mothers & Child Care Providers Need to Know	_____ #4002E _____ #4002S	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Working and Breastfeeding: Can You Do It? (Yes You Can) <i>Up to 10 of each per request</i>	_____ #4003E _____ #4003S	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
“Working and Breastfeeding in Idaho” <i>Up to 5 per organization</i>	_____ #4004	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
RESOURCES FOR PHYSICIANS, HEALTH CARE PROFESSIONALS, EDUCATORS & PUBLIC HEALTH PLANNERS		
HHS Blueprint for Action on Breastfeeding <i>Up to 1 per request</i>	_____ #5000	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Advancing Women’s Health: Health Plans’ Innovative Programs for Breastfeeding Promotion	Available for download at: <a href="http://www.womenshealth.gov/">http://www.womenshealth.gov/</a>	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Best Practices in Women’s Health: Identifying Innovative Care – Breastfeeding <i>1 per request</i>	_____ #5002	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Breastfeeding in the United States: A National Agenda <i>Up to 1 per request</i>	_____ #5003	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Breastfeeding: Best for Idaho <i>1 per request</i>	_____ #5004	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Evidence-Based Guidelines for Breastfeeding Management <i>1 per request</i>	_____ #5005	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
A Review of Medical Benefits and Contraindications to Breastfeeding	Available for download at: <a href="http://www.ncemch.org">http://www.ncemch.org</a>	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
ACOG Educational Bulletin - Breastfeeding: Maternal and Infant Aspects	_____ #5007	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Breastfeeding Basics for Nurses Course <i>Up to 10 per organization for staff training</i>	_____ #5008	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Basic Lactation Concepts Training Curriculum Kit <i>1 per request</i>	_____ #5009	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
IDAHO WIC PROGRAM INFORMATION		
Information WIC “Trigger” Cards	_____ #6000E _____ #6000S	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____
Idaho WIC Authorized Food List	_____ #6001E _____ #6001S	<input type="checkbox"/> clients/patients <input type="checkbox"/> staff <input type="checkbox"/> outreach Other: _____

Detailed information about the Idaho WIC Program can be found at the Department of Health and Welfare website located at <http://www.healthandwelfare.idaho.gov>. The Idaho WIC Program welcomes your questions, comments, or suggestions about these materials. Contact the Idaho WIC Program at (208)334-5948, or e-mail Cristi Litzsinger, at [litzsinc@idhw.state.id.us](mailto:litzsinc@idhw.state.id.us). 04/06